GOOD NEWS FOR HOMEMAKERS

Shirley W. Walton
Extension Agent

Pumpkin Pie & Baked Squash Are Holiday Treats

This material was supplied to us by Dr. Wesley P. Judkins, Virginia Tech Extension Horticulturist.

Pumpkin pie is one of the traditional foods associated with Thanksgiving, and other fall and winter holidays. What could be nicer than a fat wedge of this culinary gem, topped with a scoop of vanilla ice cream?

Pumpkins are native to the Americas. Seeds and fragments of stems have been found in the ruins of ancient cliff dwellings in the southwestern U. S. Actually, this crop probably was grown by tribes of the basket-making Indians, who lived in this area before the cliff dwellers arrived.

Many of the pumpkin varieties we plant today were planted by Indian tribes before the Revolutionary War. These include the Connecticut Field, Small Sugar, and Cashaw, which are still among our most important commercial varieties.

A newer variety of particular interest to those who are young in heart is the Jack-O-Lantern pumpkin. As the name implies, it is ideal in size and shape for carving into a pleasant or scary face for Halloween.

Squashes and pumpkins are closely related members of the same plant genus. In fact, there is real confusion, even among experts, as to the correct classification of the many varieties.

Most folks seem to agree that true pumpkins belong to the Cucurbita pepo group. A charactristic feature of this species is the grooved, five-sided fruit stem. True squashes are Cucurbita maxima, and a round, somewhat spongy fruit stem.

Most of the vegetables we call summer squash are actually pumpkins. They are eaten at an immature stage when the rind is very soft and the seeds are small. If allowed to become large, the rind becomes hard and the flesh stringy and poor in quality. Therefore, for best quality, harvest your summer squash when they are not over six to eight inches long, and select small ones when you purchase them at the store.

Plan to include summer squash in your garden next summer. They grow on a large, but quite compact bush type plant, and do not require as much space as the long vining types. The quality of the home grown fruit will usually be better than that which you can buy at the market.

Some of the best summer squash varieties are Butterbar, Seneca Profilic, and Zucchini. These have long yellow or green fruits, with excellent quality.

If you have enough space in your garden for vines 10 to 12 feet long, you should plant some winter squash. The Waltham Butternut is an outstanding All-American selection. It is really a pumpkin, but has superior flavor and a golden interior color. It is fine for pies, or as baked squash in a casserole.

Other high quality, productive winter squashes are Table Queen and Buttercup. All winter squash varieties should be allowed to ripen completely on the vines to develop their sweet mealy flavor. They will keep for several months when stored in a cool basement.

RECIPE OF THE WEEK
Pumpkin Cream Pie

1-10-inch baked pie crust
2/3 c. brown sugar
1/2 tsp. cinnamon
1/4 tsp. ginger
1/8 tsp. salt
2 eggs
2 tbsp. cornstarch
1 1/4 c. cooked, seived pumpkin
1 c. cream
1 c. milk
1 c. drained, crushed pineapple

Combine brown sugar, cinnamon, ginger, salt and cornstarch. Mix with pumpkin and let stand overnight to blend seasonings. Next morning, scald milk and cream together in top of double boiler. Beat eggs and mix a little hot milk with them. Add to remaining hot milk. Add pumpkin mixture and cook over hot water until thick and smooth. Let cool and fold in pineapple. Pour into crust and garnish with whipped cream and pineapple, if desired.

A graham cracker crust may be used, if desired.

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APS Book Fair . . . Nov. 18th

Mrs. Roger's second-year students are pictured above enjoying one of the books that will be on display at the annual Book Fair. Book Fair will be held in the media center (back of auditorium) beginning at 7:30 on Thursday, November 18. Come early for Book Fair, browse, and later attend the PTA meeting at 8:00 p.m. in the APS cafeteria.

Mrs. Knight's 4-H Club

The 2nd 4-H meeting of Mrs. Knight's 4th grade class was held November 11, 1976 at Appomatox Elementary School

Mr. Smith and Mr. Jordon, our 4-H leaders, led a discussion of parliamentary procedure and the duties of our officers. We worked in our 4-H booklets and plans were discussed for the next meeting.

Leslie Ranson
Acting Secretary

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Blood Pressure Screening

The Exchange Club of Farmville and the Virginia Affiliate/American Heart Association will sponsor a Blood Pressure Screening on Saturday, November 20, in the offices of Drs. C. E. Hutcheson and Paul Hicks, in the College Plaza Shopping Center, Farmville. The screening will begin at 10 a.m. and run until 4 p.m. There will be no charge to the public.

At the Exchange Club/Heart Association screening that was held last November, 232 people were screened with 43 of those found to have had an elevated blood pressure reading. "43 may not sound like a high number", said Elliott Irving, chairman of the project, "but it is alarming in that the majority of those persons did not know or have any reason to think their blood pressure was high." Since high blood pressure is not accompanied by noticeable symptoms, this increases the importance of having a blood pressure check.

For this year's screening, Dr. William P. Terry, project medical advisor, has six Farmville physicians lined up throughout the day to counsel any people whose blood pressure reading is elevated and Mrs. Janet Irving, R.N., nursing coordinator, has 22 R.N.'s and L.P.N.'s scheduled to take blood pressures. "Due to the fine volunteer turnout of doctors and nurses the public should be able to be in and out in a matter of minutes," said Irving. Having a blood pressure taken is quick, simple, and painless. High blood pressure can be a killer that, if caught early enough, can be controlled through proper medication. The Exchange Club of Farmville and the Virginia Affiliate/American Heart Association urge everyone in Southside Virginia to take advantage of this free public service.

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CVMPC Report

At its regular monthly meeting on November 9, Central Virginia Manpower Planning Council (CVMPC) was told that the On-the-Job Training Program now has five contracts with private firms involving 106 positions. Charles Walker, of the National Alliance of Businessmen, in reviewing program reports, pointed out that the total amount obligated thus far is $178,167 in U. S. Department of Labor funds. The remaining $20,000 in federal funds will be available to interested firms after January 1, 1977.

John H. Riddel of the Virginia Employment Commission (VEC) addressed the CVMPC on the status of the VEC-administered Work Experience Programs. Riddel reported that 171 students are presently enrolled at 84 work sites, under the In-School Training Program, which is offered to low-income students looking for work experience and an income. He added that 24 people are currently enrolled in the Out-of-School Training Program. Riddel pointed out that this program was recently monitored by CETA and got a very favorable response.

Junius Haskins, Chairman of the CVMPC, announced the awarding of a CETA Title III grant totaling $78,755, for a program to aid native American Indians in Amherst County. The program will provide for Adult Basic Education, the General Education Diploma and adult work experience programs, and has been in operation since October 1.

Haskins also announced a workshop to be held Nov. 16 for all program operators that hold CETA Title I and II Public Service Employment positions. The workshop will be held in the Lynchburg Recreation Division Auditorium at 301 Grove St.

The CVMPC approved Memoranda of Understanding to be cosigned by five local departments of the U.S. Department of Health, Education and Welfare. The agreements were drawn up to promote better understanding between the CVMPC and these departments, and to prevent duplication of services. The departments involved are the Division of Vocational Education of the State Department of Education, the Adult Education Service, the Virginia Department of Vocational Rehabilitation, the Commission for Visually Handicapped and the Va. Dept. of Welfare.

The next meeting of the CVMPC will be December 7, 1976, at 10 a.m., in the Central Virginia Planning District Commission Conference Room, at 2511 Memorial Avenue.

The CVMPC serves the cities of Bedford and Lynchburg, and the counties of Amherst, Appomattox, Bedford and Campbell.

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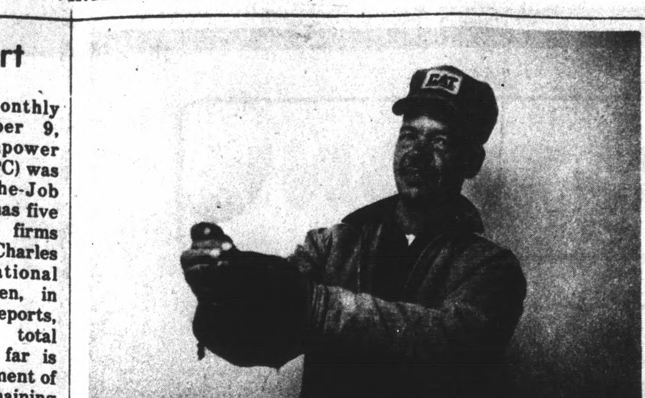

BALLON FLOATS FROM ILLINOIS

Clarence Gibson is shown holding a ballon that floated from Spring Valley, Illinois all the way to Appomattox and was found by Walter Daniel, III who lives in the Chap area of our county. Taped onto the balloon was a paper with the following writing on it: "Steven Pruet, Lincoln School, Spring Valley, Illinois". Don't know how long it will last, but it is being kept by Daniel as a souvenir.

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TIMES-VIRGINIAN
A LIVELY WEEKLY NEWSPAPER AT HISTORIC APPOMATTOX COURT HOUSE, VIRGINIA
VOLUME 85 - NUMBER 48 APPOMATTOX (VA.) - TIMES-VIRGINIAN - NOVEMBER 25, 1976 SINGLE COPY PRICE 15¢

NOV

Father Darkleaf

by
Calvin Robinson

Martha Street, Monday morning in the midst of leaf-falling time. I have no major problem as to leaves, as mostly I have pines and cedars. but driving around town one sees that it is indeed a problem. To rake or not to rake, that is the question, and if so to burn and when and where; or forget about it and let the wind blow'em away or else make a mulch as they decay. Ah yes, and I looked up a famous poem by Oliver Wendell Holmes........ "And if I should live to be the last leaf upon the tree..."

* * *

This is Thanksgiving Week, and it is something special for everyone who takes time to count their blessings. On that I have something to say. Thanksgiving Day is my wedding anniversary. Thanksgiving Day came on November 24 in 1932. Brightleaf and I attended the Richmond and William and Mary football game in Richmond and then went on to Middlesex County where we were married by my late father in the parsonage at Harmony Grove Baptist Church Forty-four years and I could write a book about what a lucky guy I was.

* * *

Congratulations to Marshall Ferguson, of Rt. 2. He will be ninety-six years old as of Sunday, November 28. It so happened that I had a memo on my desk to ask around as to the oldest person in Appomattox County, but I would suggest that Mr. Ferguson may be the eldest tobacco grower. He has had seventy-six tobacco crops. Happy Birthday, sir, and make it at least to 100.

* * *

A letter from a reader at my alma mater, University of Richmond, suggests that I write more about that excellent school. Thanks, and I have just received a 176-page book about U of R and have read every line of it, including the fact that the various libraries of the school have a total of 283,000 books. Winning the State "Big Five" football championship this year, in the midst of a great building program the school has mometum going in many directions and some day I just might drop by and try to find my way around.

* * *

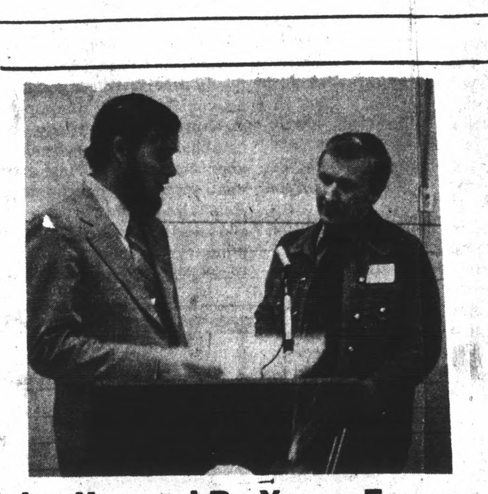
At hand is a newsletter from the Potomac Valley Seniors Track Club, whose president is Eddie Barren, son-in-law of Mrs. G. L. Doss, Appomattox. Eddie is a sports enthusiast and a picture in the newsletter shows him in a distance race with a group including the Secretary of the Navy and the assistant commandant of The Marine Corps. I liked the joke Eddie told in the newsletter. Many people run or take other exercise to lose weight. Well, Eddie told of the guy who ran backwards and gained fourteen pounds! Ah yes, Eddie's club has 167 members. Any runners in Appomattox interested in a club?

* * *

I have an imcomplete file of issues of The American Heritage and in a 1959 issue found a brilliant article about the great Mark Twain. Edited by Bruce Catten, this publication is a valuable source of history. I was especially interested in Mark Twain and for one reason, my late father once met him in Norfolk and Dad used to say.."Shake the hand that once shook the hand of Mark Twain." Time for a few quotes...said the author of Huck Finn and Tom Sawyer in his other writings..."You can straighten a worm, but the crook is in him and only waiting....every man is a moon and has a dark side which is never shown to anybody...few of us can stand prosperity. Another man's, I mean....the man with a new idea is a crank until the idea succeeds...."

* * *

Thanks for reading and seeya.



Nolen Honored By Young Farmers

The highest award presented by the Young Farmers of Virginia was given to James A. Nolen of James A. Nolen and Associates, Appomattox, during the 1976 Area Young Farmer-Young Homemaker Convention at Amherst, November 16. Mr. Nolen received Honorary Membership in the organization and was cited for "exceptional service to Young Farmers both as individuals and local, area, and state groups."

Local Rescue Squad Answers 45 Calls During October

Volunteer members of the Appomattox County Rescue Squad responded to a total of 45 emergency calls during the month of October and in addition conducted their annual Fund Drive and successfully reached their goal of $12,500.00 At the top of the list of calls during the month was a total of 5 automobile accidents in which 15 persons were given first aid and transported to doctors or hospital for further treatment.

While answering the 45 emergency calls, members spent 259 3/4 man hours and travelled a total of 1924 miles. A breakdown of the calls is as follows: illnesses, 9; convulsions, 1; diabetic, 1; dead on arrival, 2; falls, 6; transports, 10; heart attacks, 1; chest pains, 1; gun shot wounds, 1; wrecks, 5; breathing difficulty, 2; bike accident, 1; hit by car, 1; maternity, 1; false call, 1; home accident, 1; and 1 hemmorage.

In addition to answering the emergency calls, volunteer members were on stand-by at five home football games, participated in the Railroad Festival parade, and were on stand-by for the annual Bike-A-Thon.

Checker-Cashier Training

Twelve Appomattox County residents successfully completed checker-cashier training. The thirty-five hour course was designed to develop necessary skills for acquiring a checker-cashier job. A few of the topics covered were actual cash register use, change making, check cashing, and proper bagging procedures.

Adult Distributive Education through Appomattox County Adult Education Program sponsored the course. The NCR Corporation of Lynchburg greatly helped the class by lending two cash registers for training purposes.

Those completing the seven week course were Cheryl Franklin, Evelyn C. Garrett, Evelyn G. Garrett, Peggy Harvey, Nancy Miller, Mary Jaggars, Corinthia Jones, Essie Reed, Ellen Snell, Sally Walker, Margaret Davis, and Julia Robinson.

Mail Domestic Parcels By Dec. 3, Greetings By Dec. 10

The Postal Service today advanced its suggested Christmas mailing deadlines for domestic parcels and letter mail to Dec. 3 and 10, respectively, in anticipation of an exceptionally high mail volume.

Citing impact of greatly increased volumes generated by the 15-state United Parcel Strike in the East and South, and its residual effect on other parts of the country, the Postal Service said it is compelled to ask the public to mail even earlier than normal.

The Service said that because of the dedication of its employees, many of whomn have been working long hours, it has had little trouble handling the increased mail volume since the parcel strike bagan in mid-September. It expressed confidence it will continue to be able to cope with the increase, with the cooperation of the public and major mailers.

Parcel volume has already more than doubled in the strike area and is up significantly nationwide, and letter mail is also on the rise, the Postal Service said. It said most of the

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CALL MEETING FOR MONROE LODGE

A call meeting for work in Second Degree will be held on November 26th at 7:30 p.m. by Monroe Lodge No. 301 AF & AM, according to an announcement by C. M. Franklin, WM.

WHEN THE RED CROSS BLOODMOBILE made its third of five visits for the fiscal year to Appomattox on Tuesday of this week, only 86 units of blood were donated.

With the quota for this visit set at 102 units, Appomattox County fell short of its goal by 16 units of blood. For the past several years we have made our quota in the county and, with a lot of effort put forth, citizens of the county will get us back in the 100% rating. At the next visit, the fourth of the fiscal year, we will need 102 units plus the 16 to make up the shortage at this visit.

Ruritans To Develop Community Center

The Pamplin Ruritan Club is sponsoring its biggest project since it was organized in 1948 - a community recreation center. The Ruritans have sponsored a non-profit organization called Pamplin Community Center Incorporated. This organization will work with the people in the community in the development and operation of the recreation center which is very badly needed.

The immediate goal is to purchase the 4.68 acre site known as the Pamplin Ball park. Mr. R. S. Burruss is selling the Pamplin Community Center, Inc. the land for half the appraised value. Then, the field will be graded for softball or baseball, parking areas and a building. After grading, a backstop will be constructed and the field seeded.

Phase two of the project will be to install lights that will meet standards for softball tournament play. Lights are estimated to cost over $10,000. Fencing, constructing seats and a concession stand with rest rooms are also planned. After these are accomplished, a community center building that could be used for various community activities is planned.

The only limitation to carrying out all of these plans will be funding. Members of the Pamplin Ruritan Club are seeking contributions for the community center project. Please support the Ruritans in this undertaking. Henry Earl Covington, Rt. 1, Pamplin, is treasurer of the Community Center fund.

DECEMBER 5th TAX DEADLINE

December 5th is the deadline for paying county taxes in order to avoid a penalty.

According to Mrs. Ida Campbell, County Treasurer, her office will be open Saturday, November 27th and on Saturday, December 4th from 9 a.m. until noon for the convenience of citizens wishing to pay taxes on either of those days.

Pay your taxes prior to the deadline and avoid a penalty.

Lions Club To Sponsor Tommy Dorsey Orchestra Concert

Members of the Appomattox Lions Club will present the Tommy Dorsey Orchestra in concert on December 16th at the Appomattox County High School.

The band, under the direction of Murray McEachern, produces a rythmetic blend of instruments that brings to life once more original Tommy Dorsey arrangements that you will not want to miss hearing.

Advance tickets are $5.00 each or $6.00 for reserved seats and $6.00 at the door. Tickets may be purchased in advance from any member of the Lions Club, at Farmers National Bank, downtown; Fidelity American Bank, Hillcrest Branch; Appomattox Drug Store; or at R & K Grocery in Pamplin. Get your ticket early and be assured of a good seat.

Two Will Represent County At Farm Bureau Convention

Appomattox County Farm Bureau will send 2 voting delegates to the annual Virginia Farm Bureau Federation convention in Roanoke, Nov. 30, Dec. 1 - 2.

County President Jimmy Rosser will head the delegation from Appomattox County. The other delegate will be Louise Rosser.

This will be the 51st annual meeting of Virginia's largest farm organization. The primary purpose of the convention will be to debate and vote on issues and then determine what will be Farm Bureau's policy for 1977.

Governor Mills E. Godwin, Jr., will be one of the main speakers at the convention. He will address the more than 600 delegates Thursday afternoon.

The annual meeting will start at 4 p.m. Tuesday with vesper services. The evening program will include a list of women's activities which include a style revue and the selection of Miss Farm Bureau for 1977. Thirty-one county queens will compete for the state title.

VFBF President Robert B. Delano will deliver his annual report to the membership at the opening session on Wednesday morning. this will be followed by election of officers and directors.

"The convention will be the final step in Farm Bureau's policy development process," said Delano. "Each county Farm Bureau has adopted policy positions on a variety of agricultural, social and economic issues. Voting delegates

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Jaycees To Bring Santa To Town

On Friday afternoon December 3rd, at 5:30 p.m., the Appomattox County Jaycees will bring Santa Claus to the Town of Appomattox to meet with the children of Appomattox county and surrounding areas.

Santa Claus will arrive by fire department, at approximately 5:30 p.m. He will go directly to the train depot located on Main Street in Downtown Appomattox.

The Jaycees will have a section of the depot set up for Santa Claus, including heaters, so that he will have the opportunity to meet and talk with the children that come out to see him.

Local photographer Robert Earl Pankey will be on hand to take color photographs of the children talking with Santa. Individual photos will be available at a small nominal fee to those parents who desire them. The Jaycees will be giving bags of candy to the children as they leave the depot.

This project is just one more way in which the Jaycees are continuously striving to make Appomattox a better place in which to live.

Concord Squad Reports 42 Calls

The Concord Rescue Squad held its annual fund drive during the month of October, 1976 with a goal of $15,000.00. The final result showed that the drive fell short of its goal as $11,000.00 was collected. A door to door canvas of the community as well as assistance from local businesses and industry provided $11,000.00 of the anticipated $15,000.00. The squad also held an all-day marathon conducted by WTTX Radio of Appomattox, Va. This also helped with our fund drive.

During the month of October, 1976, the squad responded to a total of 42 calls, traveling 1,277 miles resulting in 157 man hours expelled. A breakdown of the calls is as follows: Transports - 10; Standby - 2; Heart Attack - 3; Chest Pain-Breathing difficulty - 4; Accidents - 7; Strokes - 1; Other misc. calls - 15; Child Birth - 1.

Total - 43 calls

The members of the Concord Rescue Squad would like to thank everyone who contributed toward the fund drive as well as all those who assisted in our attempts to reach our goal.

2307 In County Receive Swine Flu Immunization At Mass Clinics

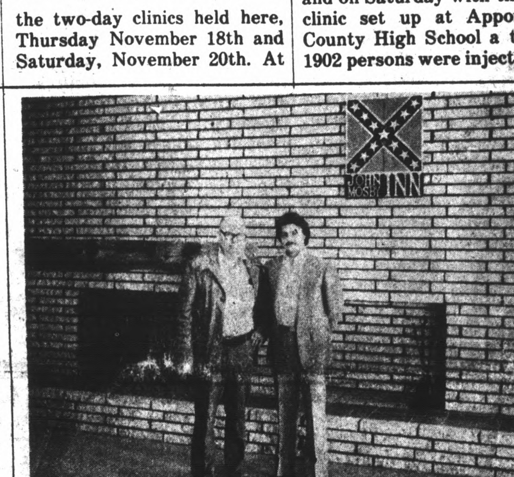
Two thousand three-hundred and seven persons in Appomattox County received their swine flu immunizations during the two-day clinics held here, Thursday November 18th and Saturday, November 20th. At the clinic set up in Pamplin at the Elementary School on Thursday of last week, 405 persons got their innoculations and on Saturday with the mass clinic set up at Appomattox County High School a total of 1902 persons were injected.

The mass program for swine flu immunizations has been completed in the Central Virginia Health District, according to Dr. Joanna H. Harris, Assistant Health Director. For those with whom prior agreements had been made to receive the vaccine after the mass immunization period, there will be special arrangements the week of November 29 - December 3, 1976. These persons who had arranged to have vaccine saved for them should call their local health departments for instructions.

All people age 18 to 24 years old immunized in the recent swine flu program will require a booster shot. "Booster Shot Clinics" will be held in local health departments on December 17, 1976. A limited supply of vaccine may be available at that time for others who wish to receive it; however, 18-24 year olds who have had one previous immunization will have priority.

Vaccine will continue to be avaiable to private physicians requesting it.

The vaccine for healthy children is not yet available. No plans for immunizing healthy children under 17 will be made until it is known when and how much vaccine will be received. Vaccine for children with chronic medical problems is available through the private physicians or, with their written order, through the health departments.



Open House will be held Friday, November 26 from 5 p.m. until 9 p.m. at the newly constructed **John Mosby Inn Restaurant**. The public is cordially invited to stop by and look over the John Mosby Inn Restaurant and have refreshments with the hosts.

The John Mosby Inn Restaurant - An Original

By: Robert A. Gunn

Col. John S. Mosby was born Dec. 6, 1833. In short, he was a romantic and a fighter; a lawyer and a rebel; a man of letters and an ingenious man of war.

War? John Mosby thought it art! The result was the first successful band of gurrilla warfighters in history. The number of his "Raiders" varied from six to two hundred fifty. Under his able command they used the cover of night and the element of surprise to create havoc and fear among the enemy. He later perfected his craft by discarding the sabre and carbine. Instead he supplied each man with a pair of Colt revolvers claiming that: "their charges combined the effect of fire and shock."

He thought for himself and was branded, Original.

In May 1916, with the respect of Lee and the ironic friendship of Grant under his belt, Col. john S. Mosby died of old age. But something of his originality still lives in the John Mosby Inn Restaurant.

Upon entering you are greeted with a friendly smile from the hostess and seated comfortably. "Serving girls", charming in their Colonial Costumes, attend you. The rustic scenes that line the walls, a warm glow from the split rock fireplace combine to create an atmosphere uncommon. The "fare" from appetizer to dessert is prepared by a Master of the Culinary Art.

All of this, is indeed, a first

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Crumbs for Thought

By: Zeke

Diets are the rage now. There are all kinds - fat free, salt free, cholestrol free, etc., But not much is ever said about our spiritual diet. But someone has written with some thought, "The shape of things to come depends largely on our mental diet." But Job with wisdom wrote...

"..I have esteemed the words of his mouth more than my necessary food." Job 23:12

Mr. Roland Murphy and Mrs. Virginia Babcock discuss health services with Mr. Paul Morrison, Executive Director of the Subarea Health Systems Agency.

Mr. Paul Morrison Addresses Appomattox Health Planning Council

Mr. Paul Morrison, Executive Director of the Subarea Health Systems Agency located in Lynchburg, told members of the Appomattox Health Planning Council Monday evening, Nov. 16, that coordinated planning for health services is a vital factor in assuring that consumers needs are more effectively met. He cited an instance in which hospitals located in two cities in close proximity to each other were both considering plans for sophisticated expensive equipment when in fact the one unit could serve the needs of both hospitals. The Health Systems Agency serves as a system for coordinating plans and implementing new programs to get maximum benefits for consumers.

Also, Mrs. Dot Davidson explained the "Toothkeeper Project", a program funded through the Health Systems Agency which will reach all second grade students in Appomattox County providing preventive dental hygiene instruction and materials. Mrs. Davidson is chairperson of the project and Drs. S. R. Lawson and John M. Fedison are consultants. Mrs. Shirley Walton and Mrs. Davidson presented a film explaining the project in some detail.

Dr. John M. Fedison and Roland B. Murphy are Appomattox County representatives to the Subarea Health Systems Agency and Dr. Fedison is a member of the Southwest Virginia Health Systems Agency, Inc. in Blacksburg, appointed by the Planning District Commission.